

ISO Load Forecast

[06/16/2025](#)

[06/17/2025](#)

[06/18/2025](#)

[06/19/2025](#)

[06/20/2025](#)

[06/21/2025](#)

06/16/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1033 | 1336 | 512 | 894 | 834 | 1790 | 656 | 206 | 4467 | 552 | 1584 | 13864 |
| 01:00 | 1000 | 1295 | 489 | 861 | 791 | 1702 | 628 | 199 | 4293 | 548 | 1537 | 13343 |
| 02:00 | 981 | 1273 | 470 | 839 | 765 | 1650 | 614 | 188 | 4175 | 544 | 1506 | 13005 |
| 03:00 | 972 | 1265 | 458 | 829 | 751 | 1624 | 606 | 182 | 4114 | 540 | 1487 | 12828 |
| 04:00 | 988 | 1294 | 459 | 840 | 755 | 1645 | 618 | 185 | 4148 | 540 | 1501 | 12973 |
| 05:00 | 1028 | 1356 | 479 | 875 | 785 | 1718 | 655 | 195 | 4349 | 549 | 1544 | 13533 |
| 06:00 | 1087 | 1447 | 524 | 923 | 830 | 1843 | 695 | 220 | 4770 | 560 | 1606 | 14505 |
| 07:00 | 1105 | 1485 | 572 | 949 | 864 | 1971 | 672 | 235 | 5233 | 570 | 1673 | 15329 |
| 08:00 | 1071 | 1491 | 594 | 938 | 860 | 2059 | 643 | 242 | 5577 | 570 | 1694 | 15739 |
| 09:00 | 1033 | 1474 | 608 | 934 | 836 | 2093 | 604 | 248 | 5779 | 570 | 1716 | 15895 |
| 10:00 | 1039 | 1491 | 617 | 958 | 824 | 2134 | 589 | 252 | 5863 | 572 | 1750 | 16089 |
| 11:00 | 1050 | 1452 | 626 | 975 | 838 | 2162 | 585 | 257 | 5930 | 575 | 1791 | 16241 |
| 12:00 | 1067 | 1446 | 628 | 1001 | 856 | 2165 | 582 | 259 | 5975 | 577 | 1821 | 16377 |
| 13:00 | 1073 | 1450 | 629 | 1044 | 872 | 2179 | 578 | 260 | 6009 | 578 | 1872 | 16544 |
| 14:00 | 1114 | 1514 | 628 | 1074 | 910 | 2199 | 589 | 260 | 6012 | 579 | 1897 | 16776 |
| 15:00 | 1156 | 1493 | 649 | 1098 | 954 | 2248 | 609 | 270 | 6047 | 581 | 1925 | 17030 |
| 16:00 | 1230 | 1542 | 665 | 1131 | 1006 | 2321 | 645 | 284 | 6122 | 586 | 1963 | 17495 |
| 17:00 | 1326 | 1589 | 676 | 1182 | 1069 | 2420 | 694 | 298 | 6124 | 597 | 2005 | 17980 |
| 18:00 | 1397 | 1644 | 674 | 1235 | 1120 | 2441 | 757 | 308 | 5940 | 607 | 2028 | 18151 |
| 19:00 | 1437 | 1716 | 672 | 1270 | 1139 | 2425 | 826 | 308 | 5777 | 618 | 2037 | 18225 |
| 20:00 | 1435 | 1725 | 657 | 1268 | 1134 | 2400 | 867 | 296 | 5648 | 617 | 2015 | 18062 |
| 21:00 | 1391 | 1685 | 635 | 1243 | 1099 | 2319 | 855 | 283 | 5510 | 612 | 1985 | 17617 |
| 22:00 | 1280 | 1567 | 599 | 1158 | 1013 | 2160 | 796 | 260 | 5243 | 596 | 1897 | 16569 |
| 23:00 | 1180 | 1468 | 554 | 1071 | 928 | 1972 | 734 | 231 | 4922 | 580 | 1789 | 15429 |

06/17/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1128 | 1408 | 522 | 1004 | 857 | 1847 | 681 | 221 | 4691 | 574 | 1708 | 14641 |
| 01:00 | 1092 | 1367 | 501 | 959 | 816 | 1749 | 651 | 210 | 4490 | 570 | 1639 | 14044 |
| 02:00 | 1067 | 1338 | 481 | 927 | 789 | 1687 | 634 | 200 | 4356 | 566 | 1591 | 13636 |
| 03:00 | 1053 | 1330 | 468 | 909 | 774 | 1657 | 625 | 195 | 4278 | 563 | 1565 | 13417 |
| 04:00 | 1066 | 1353 | 468 | 914 | 777 | 1677 | 637 | 198 | 4297 | 567 | 1572 | 13526 |
| 05:00 | 1106 | 1406 | 486 | 946 | 808 | 1748 | 674 | 208 | 4485 | 576 | 1613 | 14056 |
| 06:00 | 1170 | 1499 | 535 | 994 | 856 | 1877 | 716 | 234 | 4931 | 587 | 1675 | 15074 |
| 07:00 | 1199 | 1553 | 582 | 1030 | 891 | 2005 | 703 | 249 | 5408 | 594 | 1744 | 15958 |
| 08:00 | 1186 | 1583 | 605 | 1031 | 896 | 2101 | 688 | 256 | 5761 | 590 | 1771 | 16468 |
| 09:00 | 1157 | 1576 | 621 | 1034 | 884 | 2151 | 661 | 261 | 5962 | 591 | 1794 | 16692 |
| 10:00 | 1172 | 1607 | 631 | 1064 | 884 | 2212 | 657 | 263 | 6061 | 595 | 1839 | 16985 |
| 11:00 | 1180 | 1583 | 646 | 1089 | 900 | 2258 | 651 | 269 | 6161 | 597 | 1877 | 17211 |
| 12:00 | 1204 | 1584 | 658 | 1113 | 921 | 2298 | 649 | 273 | 6238 | 595 | 1899 | 17432 |
| 13:00 | 1201 | 1587 | 669 | 1144 | 940 | 2355 | 655 | 278 | 6290 | 595 | 1939 | 17653 |
| 14:00 | 1227 | 1638 | 673 | 1157 | 975 | 2390 | 672 | 279 | 6287 | 603 | 1962 | 17863 |
| 15:00 | 1251 | 1595 | 689 | 1172 | 1009 | 2438 | 693 | 285 | 6315 | 609 | 1981 | 18037 |
| 16:00 | 1314 | 1634 | 699 | 1197 | 1054 | 2508 | 725 | 297 | 6383 | 615 | 2016 | 18442 |
| 17:00 | 1385 | 1664 | 707 | 1238 | 1103 | 2575 | 762 | 311 | 6394 | 622 | 2058 | 18819 |
| 18:00 | 1435 | 1708 | 704 | 1280 | 1141 | 2579 | 805 | 323 | 6198 | 627 | 2075 | 18875 |
| 19:00 | 1461 | 1765 | 701 | 1313 | 1163 | 2552 | 854 | 322 | 6057 | 627 | 2083 | 18898 |
| 20:00 | 1457 | 1771 | 691 | 1307 | 1163 | 2527 | 879 | 314 | 5923 | 625 | 2061 | 18718 |
| 21:00 | 1415 | 1735 | 673 | 1284 | 1136 | 2456 | 861 | 301 | 5793 | 612 | 2041 | 18307 |
| 22:00 | 1312 | 1622 | 636 | 1202 | 1057 | 2301 | 802 | 280 | 5517 | 598 | 1961 | 17288 |
| 23:00 | 1216 | 1519 | 591 | 1114 | 969 | 2108 | 739 | 252 | 5184 | 590 | 1854 | 16136 |

06/18/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1177 | 1453 | 557 | 1050 | 902 | 1973 | 693 | 240 | 4964 | 581 | 1778 | 15368 |
| 01:00 | 1146 | 1412 | 531 | 1003 | 861 | 1871 | 662 | 231 | 4761 | 577 | 1705 | 14760 |
| 02:00 | 1122 | 1382 | 509 | 971 | 835 | 1806 | 645 | 220 | 4623 | 572 | 1655 | 14340 |
| 03:00 | 1113 | 1373 | 495 | 954 | 820 | 1769 | 638 | 214 | 4552 | 571 | 1624 | 14123 |
| 04:00 | 1130 | 1394 | 498 | 962 | 822 | 1781 | 649 | 218 | 4576 | 571 | 1625 | 14226 |
| 05:00 | 1179 | 1446 | 521 | 997 | 853 | 1849 | 692 | 228 | 4790 | 582 | 1666 | 14803 |
| 06:00 | 1261 | 1547 | 578 | 1054 | 903 | 1987 | 752 | 256 | 5287 | 599 | 1738 | 15962 |
| 07:00 | 1309 | 1605 | 632 | 1098 | 941 | 2134 | 761 | 273 | 5810 | 608 | 1827 | 16998 |
| 08:00 | 1292 | 1630 | 654 | 1118 | 943 | 2225 | 751 | 280 | 6188 | 604 | 1868 | 17553 |
| 09:00 | 1262 | 1618 | 671 | 1127 | 933 | 2282 | 723 | 289 | 6412 | 602 | 1908 | 17827 |
| 10:00 | 1285 | 1676 | 688 | 1166 | 946 | 2377 | 718 | 295 | 6551 | 608 | 1958 | 18268 |
| 11:00 | 1301 | 1667 | 713 | 1200 | 980 | 2486 | 708 | 309 | 6734 | 610 | 2003 | 18711 |
| 12:00 | 1338 | 1681 | 737 | 1234 | 1027 | 2589 | 687 | 321 | 6902 | 609 | 2030 | 19155 |
| 13:00 | 1368 | 1702 | 763 | 1287 | 1076 | 2714 | 687 | 335 | 7056 | 611 | 2079 | 19678 |
| 14:00 | 1403 | 1823 | 794 | 1340 | 1160 | 2830 | 706 | 352 | 7188 | 618 | 2113 | 20327 |
| 15:00 | 1460 | 1814 | 847 | 1398 | 1263 | 2972 | 740 | 379 | 7445 | 622 | 2146 | 21086 |
| 16:00 | 1549 | 1885 | 893 | 1443 | 1376 | 3150 | 787 | 408 | 7716 | 629 | 2195 | 22031 |
| 17:00 | 1650 | 1959 | 921 | 1480 | 1476 | 3299 | 835 | 435 | 7833 | 638 | 2219 | 22745 |
| 18:00 | 1721 | 2029 | 932 | 1507 | 1550 | 3330 | 894 | 448 | 7620 | 646 | 2214 | 22891 |
| 19:00 | 1761 | 2108 | 918 | 1519 | 1558 | 3247 | 959 | 438 | 7388 | 648 | 2198 | 22742 |
| 20:00 | 1751 | 2093 | 897 | 1487 | 1522 | 3153 | 984 | 425 | 7167 | 644 | 2163 | 22286 |
| 21:00 | 1694 | 2030 | 872 | 1443 | 1457 | 3030 | 958 | 404 | 7023 | 635 | 2136 | 21682 |
| 22:00 | 1553 | 1871 | 819 | 1336 | 1329 | 2797 | 885 | 373 | 6706 | 613 | 2043 | 20325 |
| 23:00 | 1426 | 1739 | 754 | 1231 | 1205 | 2529 | 812 | 332 | 6308 | 599 | 1928 | 18863 |

06/19/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1357 | 1672 | 712 | 1158 | 1121 | 2378 | 762 | 317 | 5995 | 602 | 1869 | 17943 |
| 01:00 | 1312 | 1600 | 673 | 1103 | 1052 | 2220 | 729 | 300 | 5705 | 605 | 1794 | 17093 |
| 02:00 | 1268 | 1537 | 636 | 1065 | 999 | 2111 | 708 | 284 | 5494 | 598 | 1742 | 16442 |
| 03:00 | 1242 | 1534 | 612 | 1042 | 963 | 2042 | 689 | 273 | 5360 | 587 | 1707 | 16051 |
| 04:00 | 1254 | 1546 | 602 | 1039 | 951 | 2030 | 697 | 269 | 5330 | 589 | 1702 | 16009 |
| 05:00 | 1285 | 1600 | 615 | 1066 | 969 | 2067 | 734 | 272 | 5462 | 601 | 1732 | 16403 |
| 06:00 | 1335 | 1693 | 657 | 1123 | 992 | 2168 | 773 | 294 | 5854 | 608 | 1787 | 17284 |
| 07:00 | 1391 | 1774 | 721 | 1172 | 1036 | 2335 | 784 | 313 | 6373 | 605 | 1869 | 18373 |
| 08:00 | 1426 | 1857 | 777 | 1184 | 1070 | 2548 | 790 | 341 | 6852 | 608 | 1908 | 19361 |
| 09:00 | 1436 | 1872 | 831 | 1188 | 1111 | 2751 | 811 | 365 | 7231 | 616 | 1920 | 20132 |
| 10:00 | 1509 | 1915 | 878 | 1216 | 1189 | 2954 | 812 | 387 | 7532 | 631 | 1951 | 20974 |
| 11:00 | 1558 | 1900 | 931 | 1227 | 1291 | 3119 | 811 | 420 | 7822 | 630 | 1986 | 21695 |
| 12:00 | 1624 | 1890 | 977 | 1237 | 1394 | 3257 | 803 | 449 | 8064 | 631 | 1982 | 22308 |
| 13:00 | 1654 | 1866 | 1018 | 1263 | 1458 | 3376 | 788 | 471 | 8228 | 646 | 1993 | 22761 |
| 14:00 | 1667 | 1964 | 1046 | 1260 | 1531 | 3522 | 782 | 479 | 8390 | 635 | 1986 | 23262 |
| 15:00 | 1682 | 1907 | 1094 | 1280 | 1604 | 3673 | 802 | 504 | 8603 | 636 | 1981 | 23766 |
| 16:00 | 1707 | 1920 | 1129 | 1288 | 1650 | 3828 | 822 | 521 | 8792 | 634 | 2022 | 24313 |
| 17:00 | 1747 | 1907 | 1135 | 1303 | 1681 | 3935 | 854 | 522 | 8823 | 627 | 2045 | 24579 |
| 18:00 | 1768 | 1913 | 1104 | 1326 | 1676 | 3896 | 870 | 510 | 8476 | 635 | 2030 | 24204 |
| 19:00 | 1794 | 1969 | 1069 | 1335 | 1662 | 3750 | 913 | 491 | 8170 | 637 | 2016 | 23806 |
| 20:00 | 1778 | 1958 | 1022 | 1313 | 1607 | 3568 | 941 | 461 | 7917 | 634 | 1987 | 23186 |
| 21:00 | 1728 | 1898 | 975 | 1286 | 1520 | 3413 | 919 | 428 | 7708 | 630 | 1951 | 22456 |
| 22:00 | 1591 | 1752 | 908 | 1195 | 1382 | 3154 | 851 | 390 | 7331 | 610 | 1862 | 21026 |
| 23:00 | 1449 | 1619 | 836 | 1103 | 1237 | 2860 | 776 | 350 | 6895 | 593 | 1772 | 19490 |

06/20/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1366 | 1532 | 770 | 1029 | 1143 | 2653 | 710 | 327 | 6516 | 587 | 1690 | 18323 |
| 01:00 | 1312 | 1469 | 721 | 976 | 1067 | 2457 | 673 | 305 | 6169 | 581 | 1620 | 17350 |
| 02:00 | 1271 | 1425 | 677 | 937 | 1009 | 2316 | 649 | 283 | 5907 | 572 | 1570 | 16616 |
| 03:00 | 1247 | 1406 | 645 | 912 | 967 | 2217 | 634 | 269 | 5728 | 568 | 1540 | 16133 |
| 04:00 | 1250 | 1414 | 630 | 907 | 948 | 2180 | 639 | 262 | 5652 | 569 | 1539 | 15990 |
| 05:00 | 1280 | 1446 | 633 | 927 | 950 | 2200 | 666 | 264 | 5751 | 575 | 1564 | 16256 |
| 06:00 | 1317 | 1511 | 667 | 955 | 964 | 2290 | 704 | 281 | 6142 | 588 | 1614 | 17033 |
| 07:00 | 1321 | 1536 | 715 | 964 | 960 | 2416 | 692 | 291 | 6605 | 597 | 1685 | 17782 |
| 08:00 | 1280 | 1559 | 735 | 950 | 922 | 2514 | 673 | 294 | 6969 | 597 | 1710 | 18203 |
| 09:00 | 1229 | 1527 | 752 | 925 | 870 | 2571 | 631 | 297 | 7173 | 599 | 1717 | 18291 |
| 10:00 | 1248 | 1534 | 764 | 943 | 855 | 2657 | 603 | 303 | 7267 | 602 | 1734 | 18510 |
| 11:00 | 1269 | 1479 | 783 | 942 | 903 | 2749 | 591 | 319 | 7352 | 603 | 1754 | 18744 |
| 12:00 | 1314 | 1478 | 805 | 952 | 978 | 2828 | 578 | 332 | 7419 | 605 | 1765 | 19054 |
| 13:00 | 1334 | 1468 | 827 | 986 | 1032 | 2959 | 575 | 344 | 7474 | 604 | 1796 | 19399 |
| 14:00 | 1370 | 1582 | 852 | 1016 | 1117 | 3095 | 591 | 355 | 7524 | 607 | 1823 | 19932 |
| 15:00 | 1410 | 1548 | 888 | 1051 | 1203 | 3234 | 618 | 373 | 7620 | 606 | 1855 | 20406 |
| 16:00 | 1473 | 1591 | 912 | 1080 | 1281 | 3377 | 657 | 387 | 7729 | 606 | 1899 | 20992 |
| 17:00 | 1546 | 1618 | 912 | 1112 | 1342 | 3473 | 689 | 397 | 7717 | 613 | 1921 | 21340 |
| 18:00 | 1578 | 1664 | 890 | 1157 | 1373 | 3428 | 742 | 395 | 7404 | 615 | 1923 | 21169 |
| 19:00 | 1587 | 1736 | 861 | 1195 | 1362 | 3299 | 807 | 377 | 7099 | 616 | 1926 | 20865 |
| 20:00 | 1555 | 1726 | 830 | 1182 | 1314 | 3140 | 836 | 359 | 6843 | 610 | 1883 | 20278 |
| 21:00 | 1503 | 1689 | 805 | 1157 | 1256 | 2993 | 822 | 340 | 6666 | 604 | 1848 | 19683 |
| 22:00 | 1390 | 1580 | 758 | 1082 | 1155 | 2775 | 770 | 313 | 6368 | 593 | 1767 | 18551 |
| 23:00 | 1283 | 1472 | 699 | 1005 | 1051 | 2520 | 708 | 282 | 6012 | 582 | 1675 | 17289 |

06/21/2025

| Hour | CAPITL | CENTRL | DUNWOD | GENESE | HUD VL | LONGIL | MHK VL | MILLWD | N.Y.C. | NORTH | WEST | NYISO |
|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|------|-------|
| 00:00 | 1205 | 1405 | 642 | 938 | 960 | 2287 | 640 | 273 | 5648 | 587 | 1620 | 16205 |
| 01:00 | 1144 | 1345 | 604 | 889 | 892 | 2110 | 602 | 254 | 5348 | 578 | 1563 | 15329 |
| 02:00 | 1102 | 1313 | 566 | 860 | 843 | 1985 | 580 | 240 | 5127 | 573 | 1524 | 14713 |
| 03:00 | 1082 | 1287 | 535 | 843 | 821 | 1901 | 569 | 229 | 4984 | 569 | 1504 | 14324 |
| 04:00 | 1074 | 1281 | 517 | 836 | 802 | 1865 | 568 | 222 | 4901 | 567 | 1500 | 14133 |
| 05:00 | 1071 | 1283 | 514 | 833 | 788 | 1843 | 565 | 220 | 4882 | 566 | 1493 | 14058 |
| 06:00 | 1056 | 1232 | 520 | 810 | 771 | 1850 | 532 | 220 | 4963 | 566 | 1486 | 14006 |
| 07:00 | 1056 | 1159 | 541 | 774 | 740 | 1917 | 483 | 230 | 5175 | 570 | 1518 | 14163 |
| 08:00 | 1075 | 1103 | 575 | 768 | 732 | 2039 | 469 | 244 | 5450 | 577 | 1539 | 14571 |
| 09:00 | 1081 | 1093 | 603 | 774 | 734 | 2130 | 461 | 252 | 5706 | 579 | 1579 | 14992 |
| 10:00 | 1118 | 1119 | 630 | 822 | 766 | 2283 | 467 | 275 | 5956 | 583 | 1615 | 15634 |
| 11:00 | 1137 | 1172 | 660 | 881 | 820 | 2441 | 467 | 300 | 6129 | 585 | 1652 | 16244 |
| 12:00 | 1149 | 1237 | 693 | 933 | 887 | 2583 | 472 | 307 | 6250 | 587 | 1687 | 16785 |
| 13:00 | 1171 | 1286 | 722 | 990 | 963 | 2739 | 481 | 327 | 6331 | 588 | 1726 | 17324 |
| 14:00 | 1218 | 1341 | 755 | 1050 | 1044 | 2868 | 513 | 341 | 6407 | 591 | 1771 | 17899 |
| 15:00 | 1294 | 1428 | 784 | 1122 | 1121 | 3004 | 548 | 358 | 6546 | 598 | 1818 | 18621 |
| 16:00 | 1384 | 1539 | 810 | 1182 | 1208 | 3120 | 611 | 383 | 6685 | 604 | 1882 | 19408 |
| 17:00 | 1489 | 1649 | 824 | 1237 | 1270 | 3227 | 689 | 395 | 6782 | 612 | 1936 | 20110 |
| 18:00 | 1536 | 1741 | 813 | 1287 | 1308 | 3197 | 763 | 384 | 6735 | 622 | 1964 | 20350 |
| 19:00 | 1556 | 1792 | 794 | 1297 | 1297 | 3082 | 817 | 370 | 6579 | 624 | 1968 | 20176 |
| 20:00 | 1531 | 1767 | 771 | 1270 | 1255 | 2964 | 833 | 357 | 6429 | 623 | 1960 | 19760 |
| 21:00 | 1485 | 1747 | 755 | 1243 | 1210 | 2849 | 820 | 343 | 6368 | 621 | 1960 | 19401 |
| 22:00 | 1397 | 1664 | 727 | 1174 | 1132 | 2680 | 778 | 320 | 6220 | 609 | 1897 | 18598 |
| 23:00 | 1310 | 1556 | 688 | 1093 | 1054 | 2494 | 725 | 293 | 6004 | 598 | 1815 | 17630 |